



Hungry for Community

Local Zine Issue #1

Nourishing the community with food and art!



Hungry for Community

“People meeting people with food as the venue and arts as the catalyst.”

Hungry for Community, an initiative of the Grundy Area Arts Council, Tennessee Arts Commission, and the South Cumberland Community Fund, has been designed to encourage residents of the South Cumberland to linger longer in spaces where they are likely to encounter people they do not already know.

Hungry for Community hopes to extend visits to area farmers' markets, food banks, and other food-focused gatherings by providing performing and visual arts experiences.

Hungry for Community is sponsored by:





Artwork by Amber Lauran Brown



April 2024 Calendar

Every Tuesday:

Grundy County Food Bank (Coalmont)

South Cumberland Farmers Market (Sewanee
Community Center)

Saturday, April 13th:

Morton Memorial Food Distribution (Monteagle)

Friday - Sunday, April 19-21st:

Trails and Trilliums (Beersheba Springs Assembly)

Saturday, April 20th:

Earth Day Festival (Hallelujah Pottery, Monteagle)

Friday, April 26th:

CAC Community Meal (Kennerly Hall, Sewanee)



Are we missing any food opportunities? Let us know
for our next issue at grundyareaarts@gmail.com

Food Distribution & Events:

Grundy County Food Bank

grundycotnfoodbank.org

(931) 692-2000

Morton Memorial Food Distribution

mortonmemorialumc.com/events

322 W Main Street, Monteagle

Fresh Mess Market

growingrootstn.org

(931) 313-9551

South Cumberland Farmer's Market

southcumberlandfarmersmarket.com

3939 Ballpark Road, Sewanee

Community Action Committee (CAC)

stmarkandstpaul.com

(931) 598-5927

Tracy City Farmers Market

Old Tracy City Fair Barn on Fairgrounds Street



Photography by
Mary Ann
Gilfillan





Artwork by JimmyLee Smith

backyard foraging: "the vine that ate the South"

KUDZU

VINES
perennial semi-woody vines that sprawl, climb, and trellis (on most everything); vines can extend up to 100 feet in length.

FLOWERS
tall, purple flowers with a grapelike scent

COLOR
kudzu leaves are yellow-green to dark green; vines may be green-yellow or grey

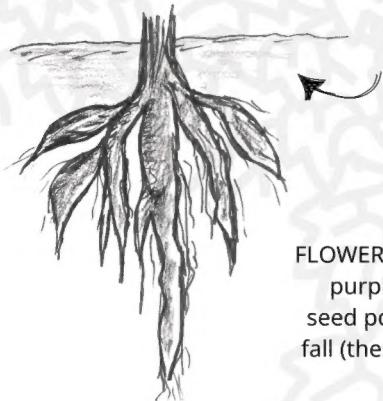
Kudzu vines can be used as fiber for basket making. The final color changes with plant age & drying / processing techniques

HAIRY
kudzu has fine hairs on its leaves and all along the stems / vines; this is a key ID characteristic

HABITAT
grows along forest edges, abandoned fields, roadsides, and disturbed areas

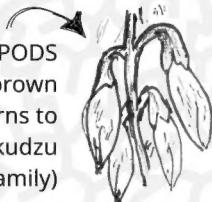
LEAVES & LEAFLETS

- Hairy, alternate, compound leaves, 2 - 8 inches in length
- Each leaf has three oval- to heart-shaped leaflets
- Leaflets are often present as slightly lobed
- Leaflets are 3 – 4 inches long



CROWN AND ROOTS
kudzu roots produce tubers that meet at a central root crown; can descend more than 13 feet in sandy loam soil!

FLOWERS CHANGE TO SEED PODS
purple flowers turn into brown seed pods as the season turns to fall (these resemble beans; kudzu is in the legume family)



wild kudzu as a food source

LEAVES | The younger the leaf, the less bitter! Kudzu leaves are used in salad, stewed (like you would collard greens). Larger leaves can be used to wrap tamales or stuffed (like dolmas).

FLOWERS | Use the brightest of the purple flowers. Can be processed into jellies, used to top salad, or sautéed with salt and pepper. Taste a little bit like grape.

ROOT | Roots can be dug up; peel off the bark with a spoon. Cook over a fire or roast in the oven until soft and charred. Powder cooked root to use as a breading or flour additive.

Seeds, Seed Pods, and Vines are not considered edible.

FORAGING BEST PRACTICES:

- (1) **KNOW THE PLANT.** Be 100% certain about what you are harvesting. It is often best to start alongside an experienced forager!
- (2) **RESPECT THE LAND.** Care for the land, and the land will care for you.
- (3) **REMAIN HUMBLE.** Be open to learning; accept that you may be wrong.
- (4) **KNOW THYSELF.** Understand your body. Research how a plant might interact with your system, and if it makes sense for you to eat it.

Foraging is an exciting way of feeding you and your loved ones, but it requires personal accountability.

INVASIVE ON THE PLATEAU | kudzu can grow up to **one foot per day!** Control measures include goats, prescribed burns, and, often in the case of roadsides, herbicides (don't eat these). Roots must be completely removed to eradicate a kudzu plant.



Recipe: Caramel Pie

1 graham cracker crust

1/4 cup sugar

3 Tbsp room temperature butter

1/3 whole milk

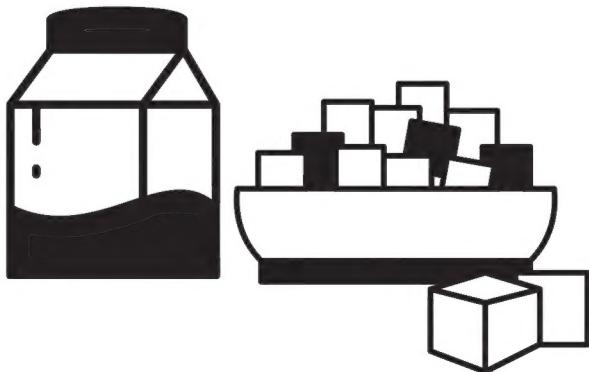
1 14oz can sweetened condensed milk

Cook the sugar until it all dissolves.

Add the butter and carefully add the milk - cook until it gets to a light brown color.

Add the sweetened condensed milk; it's done when it gets slightly thick.

Add to the graham cracker crust.



Photography by
Valerie
Breshears



Credits

Artists:

Amber Brown

 [instagram.com/amberbrown_isnotacrayon](https://www.instagram.com/amberbrown_isnotacrayon)

Mary Ann Gilfillan

 alteredlifephotography.com

JimmyLee Smith

 jimmylee.com

Valerie Breshears

 [facebook.com/Fernwehtreasures](https://www.facebook.com/Fernwehtreasures)

Contributors:

Stephanie Colchado Kelley

 colchadokelley.com

Garrett Harmon

Printed by:

Aaron Welch, Big A Marketing

 bigamarketing.com